

[illegible]

Page 1

Accept

Setup Start

Stop

1. **Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measurements of weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measurements of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The control group did not show any significant changes in physical or psychological health. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

Cust Item ID:**Customer:**

Reference: Per/10-09-28

Approvals: **Process Plan:** _____ **Date:** _____ **Tooling:** _____ **Date:** _____

Run Start

QC: _____ Date: _____ SPC (Y/N): _____ Date: _____

Stop

Set Up/ Run Hours

Tool ID**Tool #****Plan
Code**

Accept	Qty
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Reject
QtyReject
Number

**Insp.
Stamp**

Draw Nbr

Revision Nbr

D4037

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0.00

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

2. Once the problem is identified, the next step is to define the objectives and goals of the project. This helps to clarify what needs to be achieved and provides a clear direction for the work.

3. The third step is to develop a plan or strategy to address the problem. This involves identifying the resources needed, the tasks to be completed, and the timeline for the project.

4. After the plan is developed, the next step is to implement the plan. This involves putting the plan into action and monitoring progress to ensure that the objectives are being met.

5. Finally, the last step is to evaluate the results of the project. This involves assessing the outcomes against the objectives and identifying any lessons learned for future projects.

Waterjet

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FLOW CNC Waterjet

Memo

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B-15-9-28

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1. The first step in the process is to identify the problem. This involves gathering information about the situation and the people involved.

HAAS 1

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HAAS CNC vertical machine #1

Memo

MACHINE AS PER FOLI FA878 AND DWG

FOLIO REV: AA

DWG REV:

DEBURR.

and 10/09/30

2 4

[REDACTED]

Page 2

Accept

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

2. Once the problem is identified, the next step is to define the objectives of the project. These objectives should be clear, measurable, and achievable.

3. The third step is to develop a plan of action. This involves determining the steps that need to be taken to achieve the objectives and assigning responsibilities to team members.

4. The fourth step is to implement the plan. This involves carrying out the tasks and activities that have been planned.

5. The final step is to evaluate the results of the project. This involves comparing the actual outcomes with the objectives and identifying any areas for improvement.

Setup Start

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Stop

Cust Item ID:[illegible]

...the ...

Customer:

Reference:

Run Start

[illegible]

Approvals: **Process Plan:** _____ **Date:** _____ **Tooling:** _____ **Date:** _____

Stop

[illegible]

QC: _____ Date: _____ SPC (Y/N): _____ Date: _____

Insp.
Stamp

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QC

Quality Control

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Quality Control

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HandFinish

Hand Finishing

Memo

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10/10/01

X2

Q

Work Order ID 62373

September 28, 2010 1:54:01 PM



Page 3

Item ID:	D4037-3	Accept		Setup	Start	
Revision ID:					Stop	
Item Name:	Fwd Crossbeam					
Start Date:	28/09/2010	Start Qty: 2.00		Cust Item ID:		
Required Date:	04/10/2010	Req'd Qty: 2.00		Customer:		
Reference:						

Approvals:	Process Plan:	Date:	Tooling:	Date:	Run	Start	
	QC:	Date:	SPC (Y/N):	Date:		Stop	

Sequence ID/ Work Center ID	Operation Description	Set Up/ Run Hours	Tool ID	Tool #	Plan Code	Accept Qty	Reject Qty	Reject Number	Insp. Stamp
150 Powdercoat Powder Coating	White Gloss(Ref:4.3.5.1) per QSI005 4.3-Alum <i>M115291</i> Memo <i>START: 7:40</i> <i>QNT: 3200</i> <i>FINISH: 8:10</i>	0.00 <i>6/10-10-4</i>				<i>2</i>			
160 QC Quality Control	QC3- Inspect Part Finish Memo	0.00 <i>7/10 10/10/01</i>				<i>x2</i>	<i>0</i>		
170 Packaging Packaging	Identify as per dwg & Stock Location <i>201</i> Memo	0.00 <i>0.00</i>						<i>10/10/11 sf 25</i>	

Work Order ID 62373

September 28, 2010 1:54:01 PM



Page 4

Item ID: D4037-3

Accept



Setup Start



Revision ID:

Stop



Item Name: Fwd Crossbeam

Start Date: 28/09/2010 Start Qty: 2.00



Cust Item ID:

Required Date: 04/10/2010 Req'd Qty: 2.00



Customer:

Reference:

Approvals:

Process Plan: _____

Date: _____

Tooling: _____

Date: _____

Run Start



QC: _____

Date: _____

SPC (Y/N): _____

Date: _____

Stop

Sequence ID/
Work Center IDOperation
DescriptionSet Up/
Run Hours

Tool ID

Tool #

Plan
CodeAccept
QtyReject
QtyReject
NumberInsp.
Stamp

180

QC21- Final Inspection - Work Order Release

0.00



QC

Memo

0.00

Quality Control

10/10/04

W 100-04

Picklist Print

September 28, 2010 1:54:01 PM

Page 1

Work Order ID: 62373



Parent Item: D4037-3



Parent Item Name: Fwd Crossbeam

Start Date: 28/09/2010

Required Date: 04/10/2010

Start Qty: 2.00

Required Qty: 2.00

Comments: IPP REV:A NEW ISSUE 09-12-14 JLM VERIFIED BY:EC IPP
REV:B AS PER REV B 10-04-19 JLM VERIFIED BY:EC IPP REV
C:AS PER ECN 10-563 10-09-28 JLM VERIFIED BY:DD

Component Item ID/ Item Name	Replacement Item ID	Mfg/ Purch	Bin Item	Primary Location	Last Location	Route Seq ID	Unit of Measure	Qty on Hand	Qty per Kit	Total Qty	Qty Issued	Date Issued	Status
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M6061T6B1.000X15.00
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Purchased

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100

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8.210526



6061-T6 Bar 1.00 x 15.00



IB 10-9-08

Location

Loc Qty

Loc Code

MAT

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114562

3.8

114899

12

115093

12

115173

12

MAT07

6.5

9544

6.5

114562 x 1 = 3.8 (2)

9544 x 1 = 3.9

DART AEROSPACE LTD		Work Order: 62373
Description: Fwd Crossbeam		Part Number: D4037-3
Inspection Dwg: D4037 Rev: C		Page 1 of 1

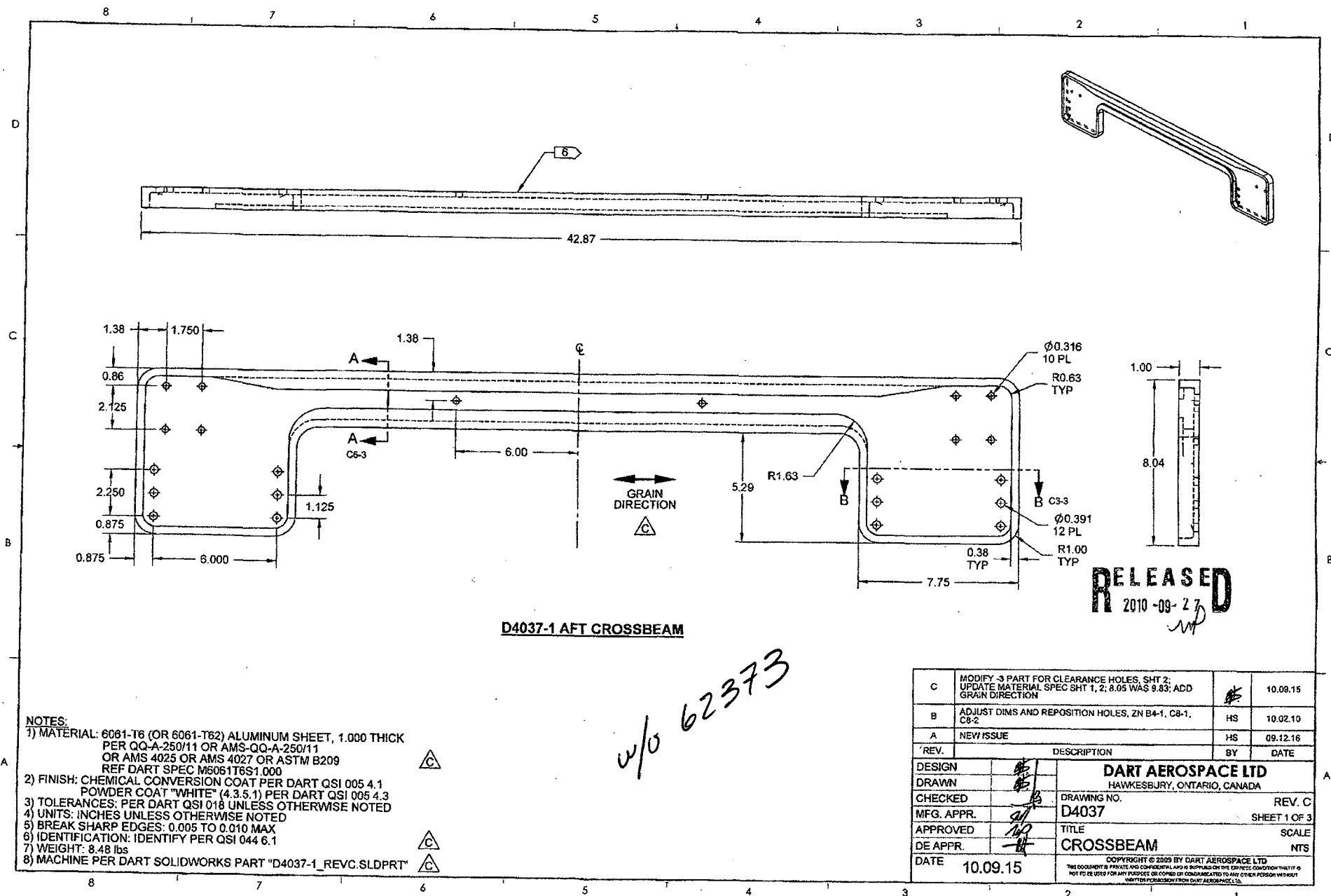
FIRST ARTICLE INSPECTION CHECKLIST

☒ First Article ☐ Prototype

Drawing Dimension	Tolerance	Actual Dimension	Accept	Reject	Method of Inspection	Comments
41.66	$\pm .030$	41.660	—		M-tape	ML-2
.92	$\pm .030$.918	—		Vern	ML-7
1.75	$\pm .030$	1.748	—		"	"
.92	$\pm .030$.919	—		"	"
2.125	$\pm .010$	2.122	—		"	"
Ø.316	$\pm .006$	Ø.316	—		Vern	ML-7
Ø.391	$\pm .006$	Ø.393	—		"	"
.28	$\pm .030$.282	—		"	"
1.32	$\pm .030$	1.340	—		"	"
7.79	$\pm .030$	7.787	—		H-gage	31006
5.80	$\pm .030$	5.800	—		Vern	ML-7
2.250	$\pm .010$	2.251	—		"	"
.875	$\pm .010$.870	—		"	"
6.000	$\pm .010$	5.996	—		"	"
7.75	$\pm .030$	7.750	—		M-tape	ML-2
2.25	$\pm .010$					
1.125	$\pm .010$	1.121	—		Vern	ML-7
9.29	$\pm .030$	9.290	—		M-tape	ML-2
1.75	$\pm .030$	1.749	—		Vern	ML-7
1.38	$\pm .030$	1.372	—		"	"
1.50	$\pm .030$	1.502	—		"	"
.63	$\pm .030$.628	—		"	"
1.00	$\pm .030$	1.023	—		"	"

Measured by: <i>mf</i>	Audited by: <i>K.A</i>	Prototype Approval:	N/A
Date: 10/09/30	Date: 10/10/01	Date:	N/A

Rev	Date	Change	Revised by	Approved
A		New Issue	KJ/JLM	



D4037-1 AFT CROSSBEAM

RELEASED
2010-09-27

NOTES:

- 1) MATERIAL: 6061-T6 (OR 6061-T62) ALUMINUM SHEET, 1.000 THICK
PER QQ-A-250/11 OR AMS-QQ-A-250/11
OR AMS 4025 OR AMS 4027 OR ASTM B209
REF DART SPEC M5061T6S1.000
- 2) FINISH: CHEMICAL CONVERSION COAT PER DART QSI 005 4.1
POWDER COAT "WHITE" (4.3.5.1) PER DART QSI 005 4.3
- 3) TOLERANCES: PER DART QSI 018 UNLESS OTHERWISE NOTED
- 4) UNITS: INCHES UNLESS OTHERWISE NOTED
- 5) BREAK SHARP EDGES: 0.005 TO 0.010 MAX
- 6) IDENTIFICATION: IDENTIFY PER QSI 044 6.1
- 7) WEIGHT: 8.48 lbs
- 8) MACHINE PER DART SOLIDWORKS PART "D4037-1_REV.C.SLDPRT"

w/o 62373

C	MODIFY -3 PART FOR CLEARANCE HOLES, SHT 2; UPDATE MATERIAL SPEC SHT 1, 2; 8.05 WAS 9.83; ADD GRAIN DIRECTION	HS	10.09.15
B	ADJUST DIMS AND REPOSITION HOLES, ZN B4-1, C8-1, C8-2	HS	10.02.10
A	NEW ISSUE	HS	09.12.16
REV.	DESCRIPTION	BY	DATE
DESIGN			
DRAWN			
CHECKED			
MFG. APPR.			
APPROVED			
DE APPR.			
DATE	10.09.15		

DART AEROSPACE LTD
HAWKESBURY, ONTARIO, CANADA

DRAWING NO.

D4037

TITLE

CROSSBEAM

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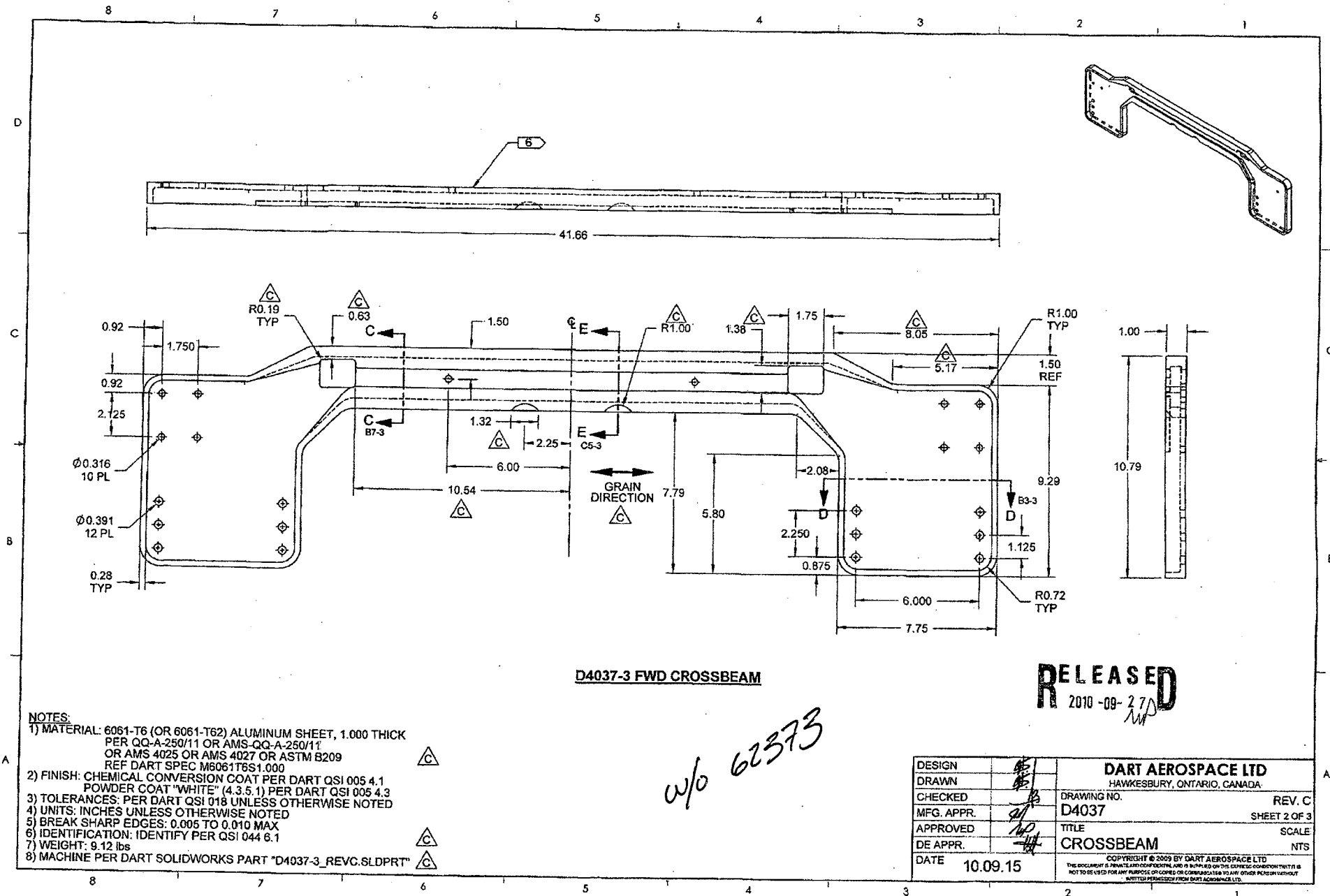
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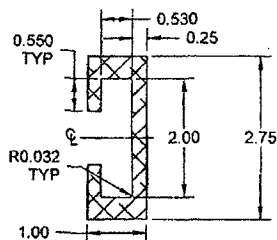
REV. C

SHEET 1 OF 3

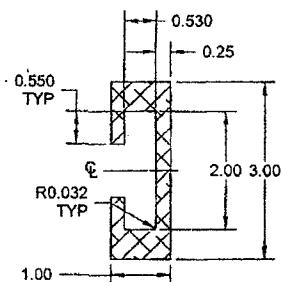
SCALE

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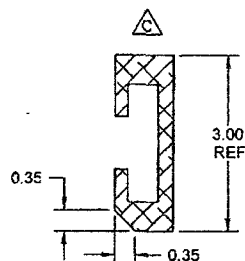




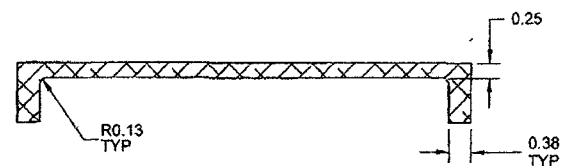
SECTION A-A B6-1
SCALE 2X



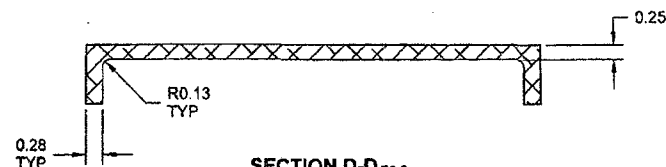
SECTION C-C B6-2
SCALE 2X



SECTION E-E C5-2
SCALE 2X



SECTION B-B B2-1
SCALE 2X



SECTION D-D B3-2
SCALE 2X

RELEASED
2010-09-28

w/o 62373.

DESIGN		DART AEROSPACE LTD	
DRAWN		HAWKESBURY, ONTARIO, CANADA	
CHECKED		DRAWING NO. D4037	REV. C
MFG. APPR.			SHEET 3 OF 3
APPROVED		TITLE	SCALE
DE APPR.		CROSSBEAM	NTS
DATE	10.09.15	<small>COPYRIGHT © 2009 BY DART AEROSPACE LTD THIS DOCUMENT IS PRIVATE AND CONFIDENTIAL AND IS SUPPLIED ON THE EXPRESS CONDITION THAT IT IS NOT TO BE USED FOR ANY PURPOSE OR COPIED OR DISSEMINATED TO ANY OTHER PERSON WITHOUT WRITTEN PERMISSION FROM DART AEROSPACE LTD.</small>	